

Spring / summer menu weaning week 1

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Carrot Banana	Green Beans Pear	Courgette Melon	Potato Apple	Butternut Squash Peach
Stage 2 Coursier texture	Sweet potato and Carrot Mash with Broccoli Florets Banana	Green Beans, Parsley Potatoes and Carrots Pear	Vegetable Bolognese with Pasta Melon G	Cheesy Mash with Cauliflower Florets Apple and Yoghurt DA	Veggie Pattie with Mushy Peas Peach G SU
Stage 3 Mixed foods, minced/chopped	Mild Mexican Mixed Bean Chilli With Broccoli Banana MU	Pork, Green Beans, Parsley Potatoes And Carrots Pear	Vegetable Bolognese with Pasta Melon G	Cheesy Mash with Mixed Beans in Tomato sauce and Carrot Sticks Apple and Yoghurt DA MU	Veggie Pattie with Potato and Mushy Peas Peach G SU

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Cauliflower Apple	Swede Mango	Sweet Potato Banana	Parsnip Pear	Carrot Plum
Stage 2 Coursier texture / Soft finger foods	Tomato and Lentil Soup Apple DA	Bread Fingers with Cheese and Cucumber sticks Mango DA G SY	Potato with Hummus and Carrot Banana SU	Minestrone Soup Pear CE SU G	Coronation Chicken or Egg Finger Sandwiches Plum G SY E MU
Stage 3 Mixed foods, minced/chopped	Tomato and Lentil Soup with Bread Fingers Apple G SY DA	Egg and Cress Pitta Fingers Mango E MU G	Potato with Tuna and Cucumber Sticks Banana F MU E	Minestrone Soup Pear CE SU G	Coronation Chicken or Egg Finger Sandwiches Plum G SY E MU

Allergen Codes

GLUTEN - G, EGG - E, FISH - F, NUTS - N, PEANUTS - PN, SOYA - SY, DAIRY - DA, CELERY - CE,
MUSTARD - MU, SESAME - SE, SULPHITES - SU, LUPIN - LU, SHELL FISH - SF (Crustaceans and Molluscs)

Spring / summer menu weaning week 2

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Cauliflower Apple	Potato Melon	Courgette Pear	Sweet Potato Mango	Carrot Banana
Stage 2 Coursier texture	Mash with Carrots and Cauliflower Apple	Bubble and Squeak Melon	Cheesy Falafel with Pasta in a Tomato Sauce Raspberry Semolina SU G DA	Rice and Vegetables Mango G	Chicken, Potatoes and Carrots Banana
Stage 3 Mixed foods, minced/chopped	Mixed Bean Casserole with Mash and Cauliflower Apple CE MU SU	Bubble and Squeak Melon	Tuna and Cheese 'Meatballs' in a Tomato Sauce and Pasta Raspberry Semolina G DA F E	Mild Chana Masala Curry Mango SU G MU	Chicken, Potatoes and Carrots Banana

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Carrot Banana	Swede Peach	Avocado Plum	Pea Apple	Parsnip Melon
Stage 2 Coursier texture / Soft finger foods	Cheese Finger Sandwiches with Cucumber Sticks Banana DA SY G	Swede and Carrot Wedges Peach and Yogurt DA	Soft Vegetable Sticks with Hummus Plum SU	Rainbow Vegetable or Margherita Pizza Fingers Apple DA SY G SE	Cheese Sticks with Buttered Bread and Cucumber Melon DA SY G
Stage 3 Mixed foods, minced/chopped	Salmon and Cream Cheese Finger Sandwiches with Cucumber Banana DA SY G F	Reduced Salt and Sugar Beans with Toast Triangles Peach and Yogurt DA SY G	Soft Vegetable Sticks with Hummus Plum SU	Rainbow Vegetable Pizza or Margherita Fingers Apple DA SY G SE	Cheese Sticks with Buttered Bread and Cucumber Melon DA SY G

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Spring / summer menu weaning week 3

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Spring greens Apple	Swede Banana	Parsnip Pear	Sweet potato Melon	Broccoli Mango
Stage 2 Coursier texture	Potato and Spring Greens Apple	Turkey, Swede and Carrot Banana	Parsnip and Butternut squash Pear	Chicken Potato and Carrot Melon	Broccoli and salmon Pasta Mango F DA G
Stage 3 Mixed foods, minced/chopped	Lamb Savoury Mince and New Potatoes with Spring Greens Mixed Fruit Pot CE	Turkey Chasseur and 50/50 Rice Banana	Vegetable and Chickpea Tagine with Couscous Yoghurt with Blueberry puree G SU DA	Chicken with Potato Wedges and Peas Yoghurt and Raspberries DA	Salmon, Mackerel and Broccoli Pasta Bake Mango F DA G

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Butternut squash Plum	Carrot Melon	Cauliflower Apple	Courgette Peach	Parsnip Banana
Stage 2 Coursier texture / Soft finger foods	Butternut squash with Tuna Plum F	Soft Carrot and Potato Wedges with Hummus Melon SU	Cauliflower Mac & Cheese Apple DA G	Egg sandwich Fingers with Cucumber Peach E G SY MU	Toast or Pitta Fingers with Soft Parsnip and Butternut Squash Wedges Banana G SY
Stage 3 Mixed foods, minced/chopped	Tuna Cheese Panini Fingers with Nursery Salad Plum F E MU DA G SE	Carrot and Parsnip Scone with Cucumber Sticks and hummus Melon E MU DA G SE SU	Cauliflower Mac & Cheese Florida Fruit Cocktail DA G	Egg and Cucumber Sandwiches Cheese, Tomato & Pickle Sandwiches Peach E G SY MU DA	Toast or Pitta Fingers with Soft Parsnip and Butternut Squash Wedges Banana G SY

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Spring / summer menu weaning week 4

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Potato Apple	Butternut Squash Peach	Carrot Banana	Green Beans Pear	Courgette Melon
Stage 2 Coursier texture	Cheesy mash with Cauliflower Florets Apple and yoghurt DA	Veggie Pattie with Mushy Peas Peach SU G	Sweet potato and Carrot Mash with Broccoli Florets Banana	Green Beans, Parsley Potatoes Carrots Pear	Vegetable Bolognese with Pasta Melon G SY
Stage 3 Mixed foods, minced/chopped	Cheesy Mash with Mixed Beans in a Tomato Sauce with Carrot Sticks Apple and Yoghurt DA MU	Veggie Pattie with Potato and Mushy Peas Peach SU G	Mild Mexican Mixed Bean Chilli with Broccoli Banana MU	Pork, Green Beans, Parsley Potatoes and Carrots Pear	Vegetable Bolognese with Pasta Melon G SY

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Parsnip Pear	Carrot Plum	Cauliflower Apple	Swede Mango	Sweet Potato Banana
Stage 2 Coursier texture / Soft finger foods	Minestrone Soup Pear CE SU G	Coronation chicken or Egg Finger Sandwiches Plum G SY E MU	Tomato and Lentil Soup Apple DA	Bread Fingers with Cheese and Cucumber Sticks Pear DA SY G	Potato with Hummus and Carrot Banana SU
Stage 3 Mixed foods, minced/chopped	Minestrone Soup Pear CE SU G	Coronation chicken or Egg Finger Sandwiches Plum G SY E MU	Tomato and Lentil Soup with Bread Fingers Apple SY G DA	Egg and Cress Pitta Fingers Pear MU E G	Potato with Tuna and Cucumber Sticks Banana F MU E

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Spring / summer menu weaning week 5

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Sweet potato Mango	Carrot Banana	Cauliflower Apple	Potato Melon	Courgette Pear
Stage 2 Coursier texture	Rice and Vegetables Mango G	Chicken, Potatoes and Carrots Banana	Mash with Carrots and Cauliflower Apple	Bubble and Squeak Melon	Cheesy Falafel with Pasta in a Tomato Sauce Raspberry semolina DA SU G
Stage 3 Mixed foods, minced/chopped	Mild Chana Masala Curry Mango G MU SU	Chicken, Potatoes and Carrots Banana	Mixed bean Casserole with Mash and Cauliflower Apple CE MU	Bubble and Squeak Melon	Cheesy Falafel with Pasta in a Tomato Sauce Raspberry semolina DA SU G

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Pea Apple	Parsnip Melon	Carrot Banana	Swede Peach	Avocado Plum
Stage 2 Coursier texture / Soft finger foods	Rainbow vegetable or Margherita Pizza Fingers Apple DA SY G SE	Cheese Sticks with Buttered Bread and Cucumber Stick Melon DA SY G	Cheese finger Sandwiches with Cucumber Sticks Banana DA SY G	Swede and carrot wedges Peach and yoghurt DA	Soft Vegetable Sticks with Hummus Plum SU
Stage 3 Mixed foods, minced/chopped	Rainbow vegetable or Margherita Pizza Fingers Apple DA SY G SE	Cheese Sticks with Buttered Bread and Cucumber Sticks Melon DA SY G	Salmon and Cream Cheese Finger Sandwiches with Cucumber Sticks Banana F DA SY G	Reduced Salt and Sugar Beans with Toast Triangles Peach and yoghurt DA SY G	Soft Vegetable Sticks with Hummus Plum SU

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Spring / summer menu weaning week 6

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Broccoli Mango	Sweet Potato Melon	Spring Greens Apple	Swede Banana	Parsnip Pear
Stage 2 Coursier texture	Broccoli and Salmon Pasta Mango DA G F	Chicken Potato and Carrot Sticks Melon	Potatoes and Spring Greens Apple	Turkey Chasseur with Peas, Sweetcorn and 50/50 Sice Banana	Parsnip and Butternut Squash Pear
Stage 3 Mixed foods, minced/chopped	Salmon, Mackerel and Broccoli Pasta Bake Mango DA G F	Chicken with Potato wedges and Peas Yogurt and Raspberries DA	Lamb Savoury Mince, New Potatoes and Spring Greens Mixed Fruit Pot CE	Mushroom and Butter Bean Chasseur with Peas, Sweetcorn and 50/50 Sice Banana	Vegetable and Chickpea Tagine with Cous Cous Yoghurt with Blueberry puree G SU DA

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Courgette Peach	Parsnip Banana	Butternut squash Plum	Carrot Melon	Cauliflower Apple
Stage 2 Coursier texture / Soft finger foods	Egg Sandwich Fingers with Cucumber Peach E G SY MU	Toast or pitta Fingers with Soft Parsnip and Butternut Squash Wedges Banana G SY	Butternut Squash with Tuna F	Soft Carrot and Potato Wedges with Hummus Melon SU	Cauliflower Mac and Cheese Apple DA G
Stage 3 Mixed foods, minced/chopped	Egg and Cucumber Sandwiches Cheese Tomato and Pickle Sandwiches Peach E G SY MU DA	Toast or pitta Fingers with Soft Parsnip and Butternut Squash Wedges Banana G SY	Tuna Cheese Panini Fingers with Nursery Salad Plum F E MU DA G SE	Carrot and Parsnip Scone with Cucumber Sticks and Hummus Melon E MU DA G SE SU	Cauliflower Mac and Cheese Florida Fruit cocktail DA G

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